

## Are You At Risk Of Falling

Answer These Fall Risk Screening Questions:

1. Have you had a fall in the past month?
2. Do you feel unsteady when you stand or walk?
3. Do you have a fear of falling?



Image courtesy of SHA Communications

If you answered “Yes” to any of the three questions above, you may be at an increased risk of falling. To learn more:

- Ask for a Fall Prevention brochure.
- Talk to your healthcare provider.



[saskhealthauthority.ca](https://saskhealthauthority.ca)



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PIER - Patient Information and Education Resource

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